



## VIDEO TRANSCRIPT

# Problem Gambling (Julia) Video

### Speaker – Julia

[Well, I had a house, a freehold house, and I sold it and with the intentions of buying another house, but most of it when in the pokies, so I put a minimum deposit on another house and lost that as well.

At its most extreme, it was all about the pokies, my morals went out the door. I didn't even think about looking after my children properly, I couldn't think about paying bills, I couldn't think about anything, but the pokies so they just took over my whole mind and I lost everything and I couldn't help myself. I just didn't want to leave if I could or would have been there all day all night.

I know they're very addictive and I know they've got a very strong hold on people and I hear it in the groups that I run. I hear people that don't have problems, like divorces and things like that going in with friends after work, playing a little bit and then leaving and then going back the next week playing another \$5 and before they know it they're in there all the time with a fully blown addiction.

I am an artist before this life, and it was a way of expressing myself in another way of healing as well and remembering quotes and feelings through the artwork. I would never have seen myself in that position ever, ever. I can't believe that's me even, I'm even embarrassed today and sometimes still ashamed that I did that for 10 years. I was ready to stop from the beginning but I couldn't stop. I remember saying today no not gonna go not gonna go on in my car not gonna go I'm not gonna go I'm in the car park. No, no, no, not gonna go and I've got the coins in front of me. I'm playing. And I was too embarrassed to tell anyone, too ashamed to tell anyone. It was a nightmare.

When I stopped playing the pokies I came to a group called pokies anonymous, which was still a 12 step program and I just stopped because I was ready. Don't ever go there. Don't even put \$1 in, they're not fun, they'll become your worst enemy. It took me ages to understand that I can't win because I thought I was a winner. Even in that delusional, knowing full well, I've lost everything but I really understand it now. You just can't win, you'll never win.

It's been nearly seven years since I've stopped and sometimes I look back and you think why did I do that? Why me? What happened? How come, you know? But the fact that I've stopped playing and helping others is a miracle anyway, is the best thing that's ever happened so and I'm completely there for all my family]